


# May 2018

## THE LIGHTER SIDE OF SENIOR DINING

Catholic Charities Menu Choices for the Light Meal Option

Delano Senior Center

763-972-0574

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Lighter side <b>1</b> Chicken Salad Sandwich Lettuce Salad Peach Crisp	No Lighter side <b>2</b> Roast Beef w/Horseradish Whipped Potatoes w/Gravy Broccoli Normandy Wheat Dinner Roll Apple Pie	Lighter side <b>3</b> Roast Turkey Whipped Potatoes w/Gravy Cream Style Corn Wheat Bread Cinnamon Bread Pudding with Topping	Lighter side <b>4</b> Chicken Stir Fry with Stir Fry Vegetables Rice Garden Salad Éclair Dessert
Lighter side <b>7</b> Chef Salad: Lettuce, Meat Cheese, Vegetables Breadstick Pudding	No Lighter side <b>8</b> <i>Let's Go Fishing</i> See Regular Menu	Lighter side <b>9</b> Stuffed Green Pepper Fresh Fruit Cup Dinner Roll Peanut Butter Cookie	No Lighter side <b>10</b> Breaded Fried Chicken Whipped Potatoes w/Gravy Marinated Cucumber Salad Wheat Bread Frosted Spice Bar	Lighter side <b>11</b> Sweet & Sour Chicken Oriental Vegetables Rice Rice Pudding
No Lighter side <b>14</b> Deviled Pork Chop Oven Roasted Potatoes Cauliflower Wheat Bread Mandarin Oranges	Lighter side <b>15</b> Taco Salad: Taco Meat, Lettuce Cheese, Tomatoes & Onions Wheat Bread Fluffy Lime Gelatin	No Lighter side <b>16</b> Roasted Turkey Whipped Potatoes w/Gravy Carrots Wheat Dinner Roll Out Of This World Cake	Lighter side <b>17</b> Sausage Quiche Fried Potatoes Fruit Cup Muffin Peaches	Lighter side <b>18</b> Vegetable Beef Soup Egg Salad Sandwich Lettuce Salad Oatmeal Cake
Lighter side <b>21</b> Chicken Stir Fry with Stir Fry Vegetables Rice Garden Salad Applesauce	<b>22</b> Oriental Chicken Salad Oriental Chicken over Lettuce Salad Fresh Fruit Wheat Bread Chocolate Brownie	Lighter side <b>23</b> Vegetable Beef Soup Egg Salad Sandwich Lettuce Salad Fruit Cocktail	No Lighter side <b>24</b> Liver & Onions or Hamburger Patty w/Gravy Whipped Potatoes w/Gravy Mixed Vegetables Wheat Bread Molasses Cookie	Lighter side <b>25</b> Chef Salad Lettuce, Meat Cheese & Vegetables Breadstick Lemon Chiffon
<b>28</b> Dining Site Closed in Observance of 	Lighter side <b>29</b> Beef Noodle Soup Turkey Sandwich Fruit Ice Cream	Lighter side <b>30</b> Chicken Vegetable Soup Bacon, Lettuce & Tomato Sandwich Lettuce Salad Upside Down Cake	Lighter side <b>31</b> Sweet & Sour Chicken Oriental Vegetables Rice Fruit Sauce Pineapple Tidbits	

1% milk is served with every meal. Menu is subject to change. Suggested contribution for persons 60+ and volunteers is \$7.75 - \$4.00. No Registered Guest 60+ is denied a meal based on their ability to pay. Guests under 60 pay \$7.75. Partially funded under contract with the Central Minnesota Council on Aging as part of the Older Americans Act Program and Administered by Catholic Charities of the Diocese of St. Cloud.